

Feeding the Family

By ZOLA VINCENT
Food Editor

Abundance of Vegetables

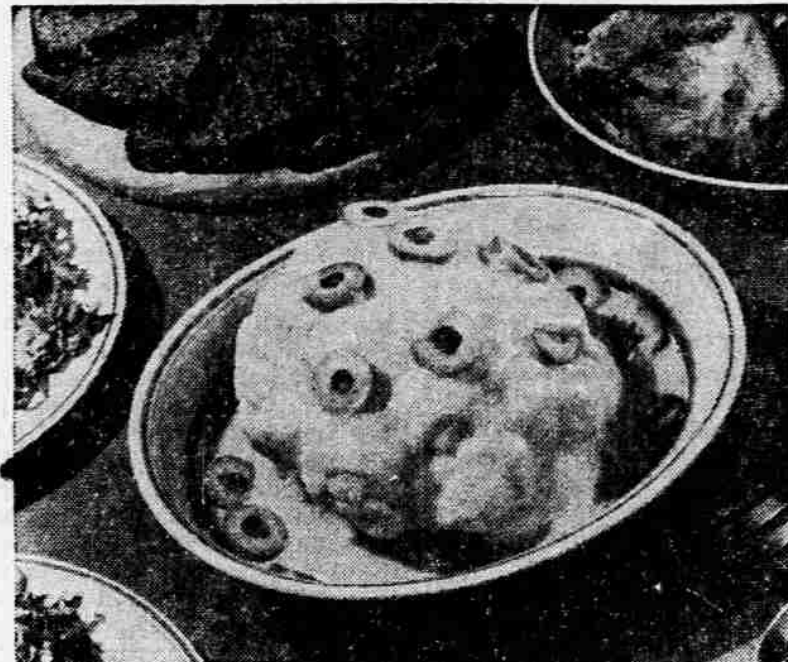
We west coasters, unlike the rest of the nation, revel in year-round abundance of fresh vegetables. February finds plenty of snowy cauliflowers, golden carrots, crisp celery, firm heads of lettuce, good quality Russet potatoes, yellow Danver Oregon-grown onions as well as white ones, vitamin packed green peppers; good supplies of versatile cabbage for menu planning both cooked and uncooked; winter squash for steaming and baking, rutabagas, parsnips and turnips for buttering.

Rhubarb is coming in, heralding Spring. Practically every other vegetable is available; some in light supply, however, which means higher prices. Pimiento Stuffed Green Olives Add Color, Flavor

Olives of various kinds are standard cupboard equipment for the fixing of relish dishes. There are whole ripe, pitted ripe, green-ripe, spiced French style, whole green, pitted green, spiced green olives and there are green olives stuffed with pimiento, with spanish sweet pepper, almonds, onion-flavored melon or anchovies.

Most versatile of this marvelous assortment probably is the pimiento - stuffed green olive which has many ingredients used as well as being ideal as a relish and as a party-goer. Now seems as good a place as any to mention that 99 per cent of the olive acreage in the United States is in California.

Olive Sauted Cauliflower
Plentiful snowy white cauliflower makes good eating,



PLENTIFUL CAULIFLOWER—Plentiful snowy white cauliflower topped with colorful pimiento-stuffed green olive sauce makes a flavorful, tempting vegetable dish. This and many other good vegetable recipes are included in today's food column.

flower makes good eating, cooked or raw, as vegetable dish and as salad ingredient. Serve the whole head with this distinctive, flavored, colorful sauce. 1 medium size head cauliflower 3 tablespoons butter 3 tablespoons all-purpose flour 1 1/2 cups milk 1/2 teaspoon salt 1 1/2 cups grated sharp cheddar cheese (about 1-3 pound) 1 teaspoon worcestershire sauce 1 teaspoon prepared mustard 1/2 cup sliced pimiento-stuffed green olives

Before cooking, be sure to soak cauliflower head for about an hour, head down in cold water to which has been added a teaspoonful each of vinegar and salt. Cook cauliflower in fresh, boiling salted water until tender. Drain thoroughly in colander.

Meanwhile, melt butter or margarine and blend in flour. Gradually add milk and cook until thickened, stirring constantly. Add salt, cheese, worcestershire, mustard and olives. Stir until cheese is melted. Pour sauce over cauliflower and serve immediately.

Olive Creamed Onions
Here again pimiento-stuffed green olives add color, flavor interest to a plentiful vegetable. Trim and peel 1 1/2 pounds small whole onions and cook, covered, in two cups boiling salted water, until tender, about 30 minutes. Do not drain. Add one-half cup milk and heat to boiling point. Combine one-half cup milk and three tablespoons all-purpose flour; mix well and add to onion mixture. Cook until thickened stirring constantly. Add two tablespoons butter and one-half cup sliced, pimiento - stuffed green olives. Reheat and serve immediately.

Olive Cabbage Slaw
Had you thought of tossing some sliced pimiento - stuffed green olives into cole slaw? A

good idea. You probably don't need a recipe, but here is one just in case. Combine one-half cup vinegar, one-third cup sugar, one cup sour cream, one teaspoon salt, dash of pepper; stir until sugar is dissolved. Add this cream mixture and one-half sliced pimiento - stuffed green olives to six cups finely shredded cabbage and mix thoroughly. Dust with paprika and serve.

Egg Equivalents. Eight medium size eggs in shell equals one pound; 10 medium size eggs without shell equals one pound. Eight egg whites make one cup. Sixteen egg yolks make one cup.

Celery Casserole
Use crunchy, sweet-flavored celery in this easy way to make main dish.

Cut celery into short lengths. Drop into small amount of boiling water and cook only until tender, about 15 minutes. In buttered baking dish place alternate layers of cooked celery, medium white sauce and grated mellow cheese. Sprinkle with fine dry crumbs, dot with butter and brown in moderate oven.

Toasted Carrots
Colorful, vitamin A-rich carrots are on the best buy list. The carrot growers do declare that the carrots with fresh green tops are fresher than the topped ones. Use them raw in salads and use them cooked just a little bit fancy like this. Six servings. Cook 12 small whole carrots in small amount of boiling salted water until just tender; about 15 minutes. Dip each carrot in salad oil one-fourth cup, then in finely crushed cereal flakes (about 1 1/2 cups) to which one teaspoon salt and one-eighth teaspoon pepper have been added. Arrange in pan and broil until cereal flakes are toasted, about five minutes. Baste twice with any remaining oil while toasting.

Avocado Salad Dressing
Winter lettuce is at its abundant best. Crisp, firm-headed "Iceberg" lettuce teams up with peak-of-the-season avocados to make a very fine salad.

Line four salad plates with crisp, deep-green outer leaves of lettuce head. Quarter remainder of lettuce and arrange a wedge on each plate. For a change from your usual homemade or commercial dressing, this is certain to please:

Into 2-3 cup mashed or sieved avocado stir one-half teaspoon salt, one tablespoon fresh lemon juice, a few drops of tabasco sauce and three tablespoons mayonnaise or sour cream. Add chopped parsley and a teaspoon of finely cut green onions or chives. Makes one cup dressing; about right for four servings.

February Fruit Plate. On a bed of Iceberg lettuce (shredded) arrange fresh grapefruit sections, redskinned Delicious apple slices, cubes of Anjou pear, orange slices and avocado rings. Serve with light French dressing. All salads need not necessarily look alike.

Broiled Anjou Pears
Fit Many Menu Roles
Plenty of d'Anjou pears for tempting between-meal or late evening snack "as is," for salad enjoyment and for serving as dessert course along with cheese and crackers.

Pre-ripening of pears is often done at the wholesale level but if the pears are not ripe when purchased the process may be hastened by leaving at room temperature for a few days. They are best if ripened in a room with high humidity. To hold pears until ready to serve, place in refrigerator.

Broiled pears fit into many a menu role—as meat accompaniment, salad or dessert. For meat accompaniment, halve and core fresh pears and place on broiler pan about six inches below source of heat. It will take seven or eight minutes to broil the pears, depending upon their ripeness. Tip pears with bit of butter and brown sugar before broiling.

As salad, a broiled pear is an unexpected pleasure when topped with mayonnaise about half way through the broiling process. Mayonnaise will bubble and brown.

Quick easy pear dessert is achieved by topping ripe pear half with a fruit sauce after broiling. Or put a marshmallow on pear half and broil just long enough to melt and brown the marshmallows.

Boy Scouts

St. Marys School
A meeting of Cub Pack 1 at St. Marys school is scheduled for Friday, Feb. 18, at 8 p.m., at the parish hall at Sacred Heart church.

Delight the family's sweet tooth or fix this quick caramel corn for parties. The children will enjoy making this. Use the kind of pop corn that comes sealed air-tight in metal cans and is guaranteed to pop.

Measure two quarts of popped corn. Place one-half package of caramels (about 28 caramels) in top of double boiler. Heat, stirring frequently until the caramels are melted and the sauce is smooth. Pour over the pop corn and toss until every kernel is coated. Spread on a lightly greased cookie sheet and let stand until the surface is dry. Break apart and it is ready.

Gingersnap Pie Crust. Cruch 1 1/2 cups gingersnap crumbs and mix with three-eighths cup butter and one-fourth cup powdered sugar. Pat mixture into pie plate. Place in refrigerator for several hours, then fill with any favored prepared pudding or pie filling.

Thursday, February 17, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Owners Sought for War Bond Found On Chinese Youth

Seattle —(U.P.)—Harvey Harold Meier, or his wife, Marion Elinor Meier, wherever they may be, are \$25 richer than they might think they are.

A matured U.S. Savings Bond is in the possession of a Seattle man, and the bond is made out to the Meiers. Their address when they purchased the bond in September, 1944, was Post Office Box 277, Quantico, Va.

Ward Beecher, who has the certificate, believes it might have come to him via Southeast Asia. Beecher, great-grandson of the noted minister, Henry Ward Beecher, found the bond among the personal effects of a Chinese youth, Cher Wee-tong.

Beecher met Cher when both were assigned to a unit of the Office of Strategic Services in Yunnan Province of China during World War II. The Chinese was interpreter, messenger, mechanic and jack-of-all-trades for the Americans. He impressed Beecher with his intelligence, and Beecher promised to educate him after the war.

The elder Beecher died last year and Ward Beecher came across the bond among his father's effects.

The Meiers can communicate with Beecher in care of radio station KAYO, Seattle.

Meanwhile, Beecher went to Budapest as U. S. vice consul there. Wee-tong went to Bangkok, Siam, where his family had moved from China. Late in 1947, Maj. Nicoll Smith, another member of the OSS unit, paid Wee-tong's passage to this country, and Beecher and his father brought the Chinese youth to Seattle and entered him in Edison Technical School. But within a month, Wee-tong was dead of Hodgkin's disease.

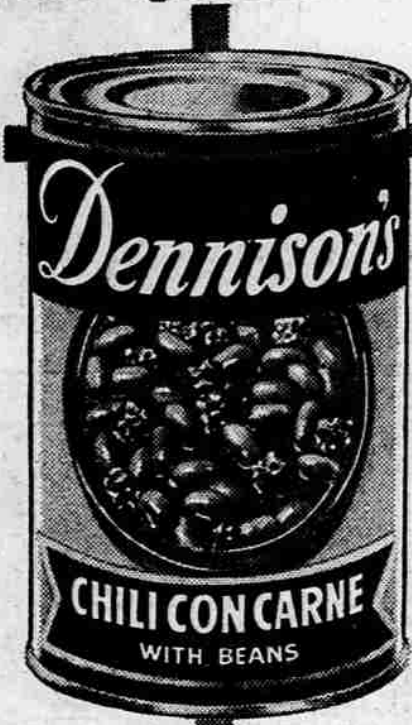
Beecher's father found the bond among Wee-tong's few belongings and wrote to the Quantico post office box. The letter came back marked "address unknown." He then wrote to the U.S. Treasury Department, but its files could not help find the

Meiers.

The Meiers can communicate with Beecher in care of radio station KAYO, Seattle.

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